

## USDA National Nutrient Database for Standard Reference Release 28

## Full Report (All Nutrients) 01108, Milk, indian buffalo, fluid

Report Date: December 09, 2015 13:55 EST

Nutrient values and weights are for edible portion.

## Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 cup 244g	1 quart 976g
<b>Proximates</b>						
Water	g	83.39	8	0.546	203.47	813.89
Energy	kcal	97	--	--	237	947
Energy	kJ	404	--	--	986	3943
Protein	g	3.75	96	0.057	9.15	36.60
Total lipid (fat)	g	6.89	113	0.130	16.81	67.25
Ash	g	0.79	97	0.010	1.93	7.71
Carbohydrate, by difference	g	5.18	--	--	12.64	50.56
Fiber, total dietary	g	0.0	--	--	0.0	0.0
<b>Minerals</b>						
Calcium, Ca	mg	169	164	1.899	412	1649
Iron, Fe	mg	0.12	10	0.016	0.29	1.17
Magnesium, Mg	mg	31	110	1.417	76	303
Phosphorus, P	mg	117	113	1.580	285	1142
Potassium, K	mg	178	101	3.024	434	1737
Sodium, Na	mg	52	101	1.603	127	508
Zinc, Zn	mg	0.22	1	--	0.54	2.15
Copper, Cu	mg	0.046	--	--	0.112	0.449
Manganese, Mn	mg	0.018	--	--	0.044	0.176
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	2.3	3	0.627	5.6	22.4
Thiamin	mg	0.052	14	0.005	0.127	0.508
Riboflavin	mg	0.135	26	0.007	0.329	1.318
Niacin	mg	0.091	4	0.006	0.222	0.888

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 quart 976g
Pantothenic acid	mg	0.192	12	0.032	0.468	1.874
Vitamin B-6	mg	0.023	2	--	0.056	0.224
Folate, total	µg	6	1	--	15	59
Folic acid	µg	0	--	--	0	0
Folate, food	µg	6	1	--	15	59
Folate, DFE	µg	6	--	--	15	59
Vitamin B-12	µg	0.36	4	0.032	0.88	3.51
Vitamin A, RAE	µg	53	32	2.830	129	517
Retinol	µg	53	32	2.830	129	517
Vitamin A, IU	IU	178	32	9.423	434	1737
<b>Lipids</b>						
Fatty acids, total saturated	g	4.597	--	--	11.217	44.867
4:0	g	0.276	23	0.013	0.673	2.694
6:0	g	0.153	23	0.008	0.373	1.493
8:0	g	0.071	24	0.004	0.173	0.693
10:0	g	0.141	24	0.007	0.344	1.376
12:0	g	0.167	24	0.008	0.407	1.630
14:0	g	0.703	24	0.022	1.715	6.861
16:0	g	1.999	24	0.057	4.878	19.510
18:0	g	0.682	24	0.031	1.664	6.656
Fatty acids, total monounsaturated	g	1.787	--	--	4.360	17.441
16:1 undifferentiated	g	0.142	24	0.009	0.346	1.386
18:1 undifferentiated	g	1.566	24	0.053	3.821	15.284
Fatty acids, total polyunsaturated	g	0.146	--	--	0.356	1.425
18:2 undifferentiated	g	0.070	23	0.007	0.171	0.683
18:3 undifferentiated	g	0.076	23	0.008	0.185	0.742
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
Cholesterol	mg	19	25	0.204	46	185
<b>Amino Acids</b>						
Tryptophan	g	0.053	--	--	0.129	0.517
Threonine	g	0.182	--	--	0.444	1.776
Isoleucine	g	0.203	--	--	0.495	1.981
Leucine	g	0.366	--	--	0.893	3.572

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 quart 976g
Lysine	g	0.280	--	--	0.683	2.733
Methionine	g	0.097	--	--	0.237	0.947
Cystine	g	0.048	--	--	0.117	0.468
Phenylalanine	g	0.162	--	--	0.395	1.581
Tyrosine	g	0.183	--	--	0.447	1.786
Valine	g	0.219	--	--	0.534	2.137
Arginine	g	0.114	--	--	0.278	1.113
Histidine	g	0.078	--	--	0.190	0.761
Alanine	g	0.132	--	--	0.322	1.288
Aspartic acid	g	0.309	--	--	0.754	3.016
Glutamic acid	g	0.477	--	--	1.164	4.656
Glycine	g	0.080	--	--	0.195	0.781
Proline	g	0.364	--	--	0.888	3.553
Serine	g	0.227	--	--	0.554	2.216